

## CLAIMS

1. —A method for regulating autonomic nerve activity in a person in need thereof, comprising administering a composition comprising a sesquiterpene alcohol to said person in an amount effective for regulating autonomic nerve activity, wherein said sesquiterpene alcohol has a boiling point of at least 250°C and [said composition has an odor below a detectable threshold.]

2. The method for regulating autonomic nerve activity claimed in Claim 1, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

3. The method claimed in Claim 1, wherein the sesquiterpene alcohol is selected from the group consisting of cedrol, cedrenol, farnesol, patchouli alcohol, eugenol,  $\alpha$ -santalol,  $\alpha$ -bisabolol,  $\beta$ -caryophyllene alcohol, vetiverol, sclareol, geranyl linalool, isophytol, nerolidol, globulol and guaiol.

4. The method claimed in Claim 1, wherein the sesquiterpene alcohol is cedrol.

5. The method claimed in Claim 4, wherein the cedrol is at least 97% pure.

6. The method claimed in Claim 1, wherein the sesquiterpene alcohol is in a vaporizable state.

7. The method claimed in Claim 1, wherein the sesquiterpene alcohol is administered by inhalation.

8. The method claimed in Claim 7, wherein the sesquiterpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

9. The method claimed in Claim 1, wherein the composition is administered orally.

10. The method claimed in Claim 1, wherein composition is administered transdermally.

11. The method claimed in Claim 10, wherein the composition is administered by bathing in a mixture comprising water and the composition, and further wherein the sesquiterpene alcohol is present at a concentration of from 5 to 1000 ppm in said mixture.

12. The method claimed in Claim 1, wherein the composition is administered by spraying  
5 onto a bedding or a wall covering.

13. The method claimed in Claim 1, wherein the composition is administered to a plurality of persons by dispersing said composition in a space and further wherein the sesquiterpene alcohol is in a vaporizable state.

14. The method claimed in Claim 1, wherein the composition is administered by wearing  
10 a mask, wherein said mask comprises a heating element, a hot steam generating element and the sesquiterpene alcohol.

15. A composition consisting essentially of a sesquiterpene alcohol in air, wherein said sesquiterpene alcohol is present at a concentration of from 0.01 to 100 ppb, and further wherein said sesquiterpene alcohol has an odor below a detectable threshold, a boiling point  
15 of at least 250°C and is in a vaporizable state.

16. A lotion consisting essentially of an sesquiterpene alcohol, wherein said sesquiterpene alcohol is present at a concentration of from 0.01 to 0.05 weight percent, has an odor below a detectable threshold and has a boiling point of at least 250°C.

17. An emulsion consisting essentially of an sesquiterpene alcohol, wherein said  
20 sesquiterpene alcohol is present at a concentration of from 0.01 to 7.50 weight percent, has an odor below a detectable threshold and has a boiling point of at least 250°C, and a carrier.

18. A pharmaceutical composition comprising a pharmaceutically acceptable carrier or excipient and composition, said composition comprising a sesquiterpene alcohol, wherein said composition has an odor below a detectable threshold and said sesquiterpene alcohol has

a boiling point of at least 250°C,

19. The pharmaceutical composition claimed in claim 18, further comprising an

~~emulsifier, oil, glycol, sugar, starch or mixture thereof.~~

20. A vaporization system comprising a vaporization promoting element selected from the

5 group consisting of a heat generating source, hot steam, ultrasonic waves, negative ions, and combinations thereof, a carrier, and a sesquiterpene alcohol with an odor below a detectable threshold and a boiling point of at least 250°C.

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